



## Sweet Heart Cake

 Dairy Free

READY IN



118 min.

SERVINGS



12

CALORIES



279 kcal

DESSERT

### Ingredients

- 1 box cake mix white
- 12 oz fluffy frosting white
- 1 serving food coloring red

### Equipment

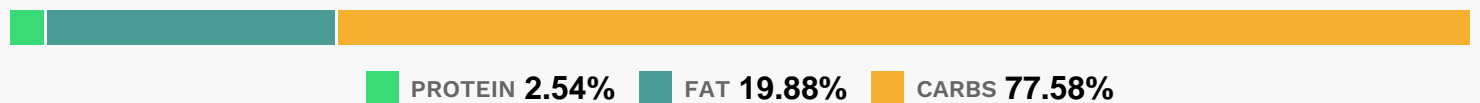
- bowl
- frying pan
- oven
- hand mixer

toothpicks

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Grease or lightly spray bottoms only of one 8-inch round and one 8-inch square pan.
- In large bowl, beat cake mix, water, oil and egg whites with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour batter into pans.
- Bake square pan 25 to 29 minutes, round pan 29 to 34 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely, about 1 hour.
- Cut round cake in half. Put square cake on tray with one point toward you.
- Place cut side of each half against one of the top sides of square cake to make a heart. (See link below for diagram.)
- Tint frosting with a few drops food color. Frost cake with frosting. Store loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:3.58, Glycemic Load:8.28, Inflammation Score:-1, Nutrition Score:3.8765217169471%

## Nutrients (% of daily need)

Calories: 278.77kcal (13.94%), Fat: 6.18g (9.51%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 54.29g (18.1%), Net Carbohydrates: 53.82g (19.57%), Sugar: 36.02g (40.02%), Cholesterol: 0mg (0%), Sodium: 350.73mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Phosphorus: 150.29mg (15.03%), Vitamin B2: 0.18mg (10.54%), Calcium: 95.2mg (9.52%), Folate: 32.43µg (8.11%), Vitamin B1: 0.1mg (6.42%), Vitamin B3: 1.09mg (5.45%), Vitamin E: 0.81mg (5.39%), Selenium: 3.73µg (5.33%), Iron: 0.89mg (4.92%), Vitamin K: 4.85µg (4.62%), Manganese: 0.09mg (4.42%), Fiber: 0.47g (1.9%), Copper: 0.03mg (1.74%), Zinc: 0.22mg (1.45%), Vitamin B5: 0.14mg (1.42%), Magnesium: 5.02mg (1.26%), Potassium: 36.35mg (1.04%)